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VOL. 2 NO. 11 PUBLISHED WEEKLY IN TACOMA, WASH. 1325 South K St. MA 7-5597 MARCH 2, 1972

Serving Tacoma Residents and Fort Lewis Personell

General Ralph E. Haines to Visit Fort Lewis

Fort Lewis, Wash.—General Ralph E. Haines, commanding general of the Continental Army Command, is scheduled to visit Fort Lewis March 2 and 3.

Plans call for him to see training operations by 3rd Armored Cavalry Regiment troops at the Yakima Firing Center Thursday afternoon, then fly to Fort Lewis.

Major General Alexander R. Bolling, Jr., Fort Lewis commanding general, will welcome Gen. Haines to the Fort's huge Yakima sub-post.

Friday's schedule will include visits to NCO leadership courses being given in major Fort Lewis units, command briefings and meetings with commanders, sergaents major, and religious education leaders at the post chapel auditorium.

Gen. Haines is expected to depart for his headquarters at Fort Monroe, Virginia, Friday evening.

Graduation Day is a "Grand Day"

The Payoff

THE PAYOFF—Private Duane Elton accepts a congratulatory hug from his fiancee Toni Weiss after his graduation from basic training at Fort Lewis. The "Unit of Choice" volunteer who will take Advanced Individual Training with the 3rd Armored Cavalry Regiment and his finance are from Mountlake Terrace, Washington. (U.S. Army Photo)

Fort Lewis, Wash.—"Am I right or wrong?" sang the striding drill sergeant. "You're right," boomed the marching soldiers in response to the "jody cadence."

It was a sound and scene repeated countless thousands of times at North Fort Lewis since 1966. But this was the finale.

It was Friday morning, February 18, sunny and warm, and 429 basic trainees had just been graduated into the ranks of the nearly 302,000 soldiers who trained at Fort Lewis for service primarily in Vietnam.

The chanting voices, which once would have been answered by a score or more of units marching throughout the bustling training area, now only reverberated through vacant lots and nearby empty barracks.

These were the last. The stream is dry. Fort Lewis is erased from the roster of basic training centers which now lists primarily Fort Jackson, S.C., Fort Dix, N.J., Fort Polk, La., and Ford Ord, California.

But few reflected on the occasion as the young soldiers heard the final command from the men in "smokey bear hats" to "Fall Out." They broke from ranks and into the arms of nearly 400 sweethearts and relatives.

Fifty of the graduates were "unit of choice" enlistees, waiting only for busses to 3rd Armored Cavalry Regiment or 212th Artillery Group here. Nearly half of the class were national guardsmen who remained for additional training in civil disturbance control. The remainder of the soldiers departed for any of 21 different posts for additional military occupational specialty training or on-the-job training.

And what of the men who wore the campaign hat under the shadow of which these men trained? Mostly, they've gone back to the think tank for more education. Many are taking drill sergeant refresher courses, others are working toward college or associate degrees through college level and vocational courses.

With the graduation of Companies B and C, 1st Battalion, 1st Basic Combat Training Brigade, the giant center closes out an operation which at its peak had nearly 15,000 trainees and cadre working every day in two Basic Combat Training and one Infantry Advanced Individual Training brigades.

SEND NEWS TO THE FACTS
1325 So. 'K' Tacoma, Wn.
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Workshop on Black Womanhood Scheduled

Workshop Committee members of the Zeta Phi Beta Sorority are making final plans on the Black Womanhood Workshop. From left to right: Mmes. Billye Carter, Basileus, Gilda Oliver, Liz Manus, Ann Stewman, Rita Agard and Lillian Jasper, chairman — seated.

Who is the Black Woman? What are her roles in today's society? Has she earned or is she recognized and accepted as a mainstay in the human race? How does she feel and respond to her chosen and forced roles? What are her achievements, goals and ambitions? Does she continue to suffer from the bondage of slavery or the backlash of "Freedom?" What kind of liberation is she seeking?

These are only a few of the questions the Workshop on Black Womanhood is aimed to answer or clarify.

The Workshop is sponsored by the Zeta Phi Beta Sorority in observance of Finer Womanhood Week. They have selected March 8th and 9th, from 7 p.m. to 10 p.m. as the dates and time and the C.E.A. building as the location for the Workshop.

The past few years have brought new impetus upon the rule of the Black woman. By some, she has been called the stronghold of America for her strength to endure the pains of slavery, and for her courage to survive in a system that has overlooked her or has produced inept characteristics of her. Despite her hardships, she has emerged the stature of warmth and human kindness because she finds it the only way to cope with the overwhelming despair and hopelessness of her challenging role in society.

Daniel Moynihan, in his book, "The Negro Family: The Case for National Action," caused national chaos in black households by labeling the black woman as "aggressive" and "matriarchial." Perhaps to some degree, this is true, but she had to devise ways to keep her family together by the best means possible to free herself of the terrible futility of being black and poor in a racist society.

Before the coming of Harriet Tubman to the presence of Shirley Chisholm, the black woman has achieved the right to have a place of prominence in the universal society. She has given America great sons, nutured great sons of America and she has continued to support her black man, who too, have been almost non-existent.

The Black Womanhood Forum will be opened for women to discuss and express their views and opinions on THE BLACK WOMAN — her roles, her crises and her future.

A special invitation for you to come and participate.

Federal Drug Official To Speak

Tacoma—Dr. Lois Chatham, chief, Narcotic Addict Rehabilitation Branch, National Institute of Mental Health, will be a principal speaker at the Great Northwest Drug Symposium in Tacoma, March 15-17.

Dr. Chatham will review the status of treatment and rehabilitation programs across the country and will participate in a workshop in which the process of developing programs and seeking federal funds will be discussed.

The Pierce County Drug Alliance and Metropolitan Development Council are co-sponsors of the Symposium.

Plenty TLC at Fort Lewis Child Care Center

Tacoma Public Library
102 So. Tacoma Ave.
Tacoma, Wash. 98402

Mrs. Geraldine B. Prudhomme, child care center attendant, shows some of the displays. (U.S. Army Photo)

Fort Lewis, Wash.—Take one enthusiastic director, add four full-time assistants, a wide assortment of wriggly kids and a generous helping of TLC—tender loving care—and you have the Fort Lewis Child Care Center.

The center cares for day students on a weekly or monthly basis, as well as youngsters whose parents are shopping, keeping medical or dental appointments or attending social functions.

Currently, close to three dozen children, ages six months to 12 years, are in day care. Some are the youngsters of working parents. Others have only one parent, and some are the children of federal employees working at Fort Lewis.

Bedlam—arrival time—starts at 7 a.m. From then until the children leave at 5:30 p.m., time is carefully divided into learning, resting, eating and play periods. The center features different sections with appropriate furniture for infants, toddlers, kindergarten and grade school students.

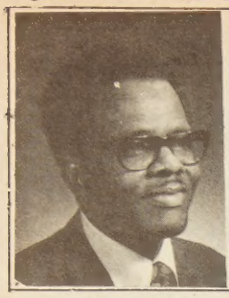
Mrs. Loa Andersen, the new director, is a petite bundle of energy and enthusiasm. She is particularly excited about the new activities offered.

Features are exercise and free play periods, organized music—a rhythm band is in the planning stage—art classes and story time.

Another change is in the diaper changing department. Only disposable diapers are being used, and parents may either furnish their own, or the nursery has them available for 15 cents a piece.

Consultation and health guidelines are furnished by registered nurses and professional people from the Army Health nursing section at Madigan General Hopsital. All attendants are graduates of the American Red Cross first aid course.

Lieutenant Colonel Evaline Bakers, president of the center's advisory council, emphasized that the center is completely self-supporting, receiving absolutely no funds other than those generated from fees. The council is composed of representatives from the Fort Lewis and Madigan General Hospital Officers Wives Clubs, the Fort Lewis NCO Wives Club, the Directorate of Personnel and Community Activities, Army Community Services, and the command section.



You Are Invited to the
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Soloist In Recital

The Young Women's Christian Council of Washington State C.O.G.I.C. will present Miss Justine Blackwell soloist in recital. Miss Blackwell is a 1968 graduate of Lincoln High School. She studies at the University of Washington, and sang with the Choir there. She is a member of the "Angelic Ensemble". She has sang with the Jewel Tones, also. She also sang with Emmanues Temple Radio Choir. A Native of Arkansas, Miss Blackwell began singing in high school. Hear this young lady as she makes her debut to the Gospel Singing World. Program begins 8 p.m., Saturday, March 4, 1972 at Emmanuel Temple C.O.G.I.C. located at 1121 South G Street, corner of 12th and G.

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Transportation in Tacoma—Choice or Chance

A public workshop on transportation in Tacoma will be held at McCarver School from 9:30 a.m. to 3 p.m. this Saturday. Sponsoring the workshop are the League of Women Voters, Pierce County Action and Concerned Residents on Arterial Matters (CRAM). Mayor Gordon Johnston will give the keynote speech at 10 a.m. Other speakers participating in the workshop are Edgar M. Horwood, professor of urban planning and civil engineering at the University of Washington; Johannes Kurz from the Puget Sound Governmental Conference; Paul Kraabel, Washington House of Representatives; Joan Thomas, vice president Washington Environmental Council; Marianne Norton, legislative chairman AAUW; Roger E. Polzin, executive secretary Urban Arterial Board and member of Planning, Public Works and Transit Departments from the City of Tacoma.

The purpose of the workshop is to inform citizens of the facts concerning streets and arterials; to increase public awareness of how streets and arterials affect land use, development, neighborhoods; and to encourage intelligent and responsible citizen participation in the planning process.

The workshop is to be free of charge. Everyone is to bring a sack lunch. Coffee will be available at all times.

Wash. St. Y.W.C.C. Sponsors
SOUL FOOD SMORGABORD
Emmanuel Temple 1121 So. G St.
March 4, 1972 12 Noon 7pm.
Ham*Chicken* Chitterlings
Potato Salad*Macaroni
Salad*Carrot Salad*Con
gealed Salad*Corn* Car
rots*Green Beans*Greens
*candied Yams*Pies*Bev
erages*Cakes*Corn Bread
$2.00 per person Under 12 $1.00
$3.50 per couple

Soldiers Give Food To Needy

Fort Lewis, Wash.—Tuesday, February 15, members of the 212th Artillery Group here looked into their hearts and came up with $90 worth of food for Indians on the Oakville Indian Reservation in nearby Chehalis.

Soldiers of the 3rd Battalion, 18th Artillery, 2nd Battalion, 34th Artillery, and 2nd Battalion, 37th Artillery, recognized that flood victims of last month's unexpected snow melting needed food and other supplies to help them survive the winter.

The tribe gets most of its food and revenue from fishing in the Chehalis River. The destruction of their nets in the rapidly running flood water left them without a large portion of their livelihood.

Gathering food and money to help feed the Indians became the project of Captain John R. Mallonee, assistant plans and training officer 3rd Battalion, 18th Artillery.

"We learned that the tribes of the Chehalis needed food so we began a food drive within the Group. We received over $50 in cash and quite a bit of canned goods," Captain Mallonee said.

The food went directly to the Indians through the help of the Small Indian Tribes of Western Washington (STOWW).

Best Mess Hall in the West

Fort Lewis, Wash.—The mess hall of Headquarters Troop-Air Cavalry Troop (HHT-ACT), 3rd Armored Cavalry Rgiment, here has been named the Best Mess Hall in Sixth United States Army, and entered in competition for the Phillip A. Connelly Award for Excellence in U.S. Army Food Service. Fort Lewis Food Service had earlier named it as the post's best dining facility.

"Best in the West," commented Staff Sergeant Gerald Normandin and Staff Sergeant Merris Grier, mess stewards of the HHT-ACT dining hall. When asked what made their mess the best, S-Sgt. Grier said, "Everything from our records and paperwork, to food preparation and conservation, sanitation and acceptance of the food by the troops."

"The most important factor," added S-Sgt. Normandin, "is the absence of any major deficiencies." He explained that a major deficiency is anything that would hinder the smooth operation of a mess facility.

Support and cooperation were vital to winning the nomination for Army-wide competition, according to Normandin and Grier. "We want to thank everyone involved in making the nomination a reality, especially our cooks," they said. "We've got some of the best cooks in the Army."

Also on their list for special thanks are the HHT repair and utilities section and the men who pull K.P.

Innovation is another important factor in running a top mess. Last week, the HHT-ACT dining facility initiated a "continental breakfast" consisting of a roll or toast and a beverage. Another innovation, termed "specialty night" is scheduled for Friday.

Specialty night will consist of a candlelight dinner featuring free beer and an international food specialty.

During the last two years, the mess has been making constant improvements which contributed to the title of "Best Mess in the West."

$70 million to fight VD

WASHINGTON (UPI)—Legislation to authorize expenditures of $70 million a year to prevent and treat venereal disease was introduced in both houses of Congress.

More than 2 million new cases of venereal disease are believed to have occurred last year. Public health officials regard it as an epidemic.

Sen. Jacob K. Javits, R-N.Y., the principal Senate sponsor of the bill, said the nation was on the point of eradicating the infectious bacteria which cause the disease in the late 1960s, but public spending and interest tapered off and a "tragic and alarming" increase occurred.

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PLU Students' Hunger Fast to Raise Funds for Needy in Pierce County

A five-day campaign focusing student attention on the problem of hunger, particularly in Pierce County, is being launched today at Pacific Lutheran University.

The campaign will be concluded Thursday, March 2, with a 24-hour campus-wide fast to raise funds for food banks in the local area.

All PLU students are being urged to refrain from using food service facilities on campus, according to Robert Boreson, a campaign co-chairman. If only half of PLU's resident students participate, more than $1,000 will be saved and the funds will be turned over to Food First, the Tacoma-Pierce County Associated Ministries food bank program, according to Boreson.

Participating students will sign their names and food service numbers on a roster sheet, pledging themselves to abstain from food service offerings for one day.

Providing incentive for the campaign is the understanding that $1,000 can provide sufficient staples to feed 4,500 people for a week, Boreson pointed out.

"As important as the fast is, however, our primary concern is to make students aware of the hunger problem," the sophomore from Monroe, Wash., explained.

More than 68,000 Pierce County residents, he said, received food during the last six months of 1971, including 18,000 in December.

"But thousands were turned away in January because there was no food," he added. "Apparently the Christmas giving spirit was gone."

In making the educational effort, the campaign committee has scheduled a series of speakers, films and discussions which hopefully will involve the majority of students on the PLU campus.

The week begins with a student congregation service this morning devoted to the subject of hunger and fasting. Monday's chapel program will be devoted to Bible references to fasting.

There will be a continuous showing of films on hunger from 3:30-10 p.m. Monday in the Cave, the student coffee house. At 6 p.m. a representative from Zero Population Growth in Seattle will be on hand.

A number of persons from the campus and the local community will lead discussions in the dormitories Tuesday evening. Wednesday afternoon will feature an appearance by Chris Lunn and other representatives from the Court C Coffee House in Tacoma.

Rev. Bruce Foreman, Tacoma-Pierce County Associated Ministries representative, will speak at a special convention beginning Fast Day Thursday. A fast-breaking "celebration" will be held that evening at 7:30 p.m. in the Cave.

To promote interest in the campaign, more than 40 students have spent the past week canvassing residence halls on campus.

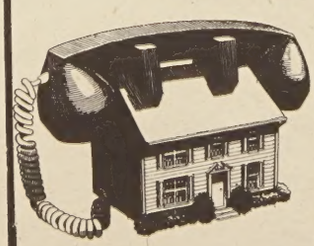
The campaign and fast are the result of interest and commitment sparked by a January interim class. The class was headed by Robert Menzel, director of the Center for Human Organization in Changing Environments (CHOICE), PLU's four-year-old social action agency. Entitled Media-Action Strategy for the Quality of Life, the class was devoted to subjects such as population, environment, hunger, land use and the like.

Students spent much of their time on field trips and tours of agencies and other Puget Sound locations where both the problem and attempted solutions were observed first hand.

They also viewed the "Eighth Day" television series on environment sponsored by KING Broadcasting Company and the Puget Sound Coalition, and conducted independent research projects.

Students who took the class, including Boreson and his co-chairman, Spokane freshman Paul Freese, are spearheading the hunger campaign.

You call. We come.



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Bread	Skylark Oatmeal	22½-oz. Loaf	37¢
Bread	Skylark Sandwich	30-oz. Loaf	39¢
Cake Donuts	Mrs. Wrights	Pkg. of 8	54¢
Oven Joy	Fresh Bread	4 22½-oz. Loaves	$1.00

SUPER SAVERS

Niblets Corn	Whole Kernel Vacuum Packed	12-oz. Can	23¢
Green Giant Peas	Young Tender	17-oz. Can	23¢
Inst. Breakfast	Carnation Assorted	Pkg. of 6	69¢
Nestles Quik	Chocolate Flavor	16-oz. Can	49¢
Pancake Mix	Kitchen Craft Easy To Fix!	4-lb. Pkg.	59¢
Sego Liquid	Diet Food Assorted Flavors	10-oz. Can	32¢
Empress Jam	Raspberry or Strawberry	4-lb. Tin	$1.77
Purple Plum Jam	Empress Delicious	2-lb. Tin	68¢
Marmalade	Empress Orange	2-lb. Tin	63¢
Pizza Mix	Appian Way A Favorite	12½-oz. Pkg.	43¢
Lynden Dinner	Chicken Noodle	14-oz. Jar	41¢
Instant Coffee	Maxwell House	10-oz. Jar	$1.77
Bath Tissue	Brocade's Assorted	4-Roll Pack	37¢
Crystal White	Dishwashing Detergent	48-oz. Btl.	55¢
Dog Food	Pooch Dry Easy To Fix	10-lb. Bag	$1.13
Cat Food	Kat Nip Chicken & Liver, Chicken & Kidney	7-oz. Can	13¢

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Frozen Foods Department!

Ice Cream	Lucerne Assorted	Half Gal.	85¢
Grapefruit Juice	Bel-air Frozen	6-oz. Can	25¢
Baby Carrots	Bel-air Whole	1-lb. Pkg.	37¢
Green Peas	Tender Frozen Bel-air Quality	1-lb. Pkg.	31¢
Shoestring	Bel-air Potatoes	1½-oz. Pkg.	35¢
Peas & Carrots	Bel-air's Finest	2-lb. Pkg.	49¢
Cut Corn	Bel-air Sweet & Tender	2-lb. Pkg.	55¢
Peas	Green Giant LeSuer in Butter Sauce	10-oz. Pkg.	41¢
Broccoli	Green Giant in Butter Sauce	10-oz. Pkg.	41¢
Cauliflower	Green Giant in Sauce 10-oz. Pkg.		41¢

DISCOUNT

Mrs. Butterworth's	Syrup	24-oz. Btl.	71¢
Nu Made Salad Oil		24-oz. Btl.	49¢
Hunts Tomato Juice		46-oz. Can	35¢
Pineapple Juice	Doles Finest	46-oz. Can	37¢
Tomato Juice	Town House Fine Flavor	46-oz. Can	33¢
V-8 Vegetable Juice	Taps in Flavor	46-oz. Can	44¢
S&W Oven Baked Beans		28-oz. Can	39¢
Spaghetti	Franco-American Delicious	15¼-oz. Can	18¢
Crisco Oil	Great For Cooking & Frying	24-oz. Btl.	59¢
Best Food Mayonnaise		32-oz. Jar	69¢

DISCOUNT

Nu Made Mayonnaise		32-oz. Jar	57¢
Heinz Ketchup	Good on Anything	14-oz. Btl.	29¢
Town House Catsup		14-oz. Btl.	23¢
U & I Sugar	Washington Grown	10-lb. Bag	$1.26
Canned Milk	Carnation Creamy	13-oz. Can	18¢
Lucerne Canned Milk		13-oz. Can	15¢
Yuban Coffee	Premium Quality	1-lb. Can	95¢
Maxwell House Coffee		1-lb. Can	89¢

REFRIGERATED FOODS

Lucerne Yogurt — Your Choice of Assorted Flavors 5 8-oz. Ctns. $1

Lucerne's Puddings		16-oz. Ctn.	39¢
Blossom Time Milk		Gal. Ctn.	$1.05
Cheddar Cheese	Safeway Medium	lb.	97¢
Monterey Jack	Safeway Cheese	lb.	88¢
Parmesan Cheese	Lucerne Grated	8-oz. Can	79¢
Kraft Cheese Whiz		8-oz. Jar	59¢
Cheese	Lucerne Sliced Pimento, Swiss, American	8-oz. Pkg.	47¢
Nalley's Horseradish		4-oz. Jar	25¢

YOUNG 1972 CROP

Small Turkeys

Acme U.S.D.A. Grade A Plump and Tender Frozen 8 to 12 Pound Sizes lb. 43¢

Beef Top Round Steak	Choice	lb.	$1.39
Beef Rump Roasts	U.S.D.A. Choice	lb.	$1.09
Beef Sirloin Tip Roast	Choice	lb.	$1.39
Beef Top Sirloin Steaks	Choice	lb.	$1.97
Beef New York Steak	Choice	lb.	$2.59
Ex. Lean Ground Beef		lb.	95¢
Meat Loaf	Ground Beef & Pure Pork Sausage	lb.	65¢
Beef Cube Steaks	U.S.D.A. Choice	lb.	$1.39
Fryer Livers	Serve with Bacon	lb.	69¢
Pork Blade Steaks	Lean & Meaty	lb.	79¢

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T-Bone Steaks

Choice Beef, Properly Aged for Flavor and Tenderness, Waste Free lb. $1.65

Safeway Franks	Plump All Meat	lb.	65¢
Pork Link Sausage	Safeway Pure Pork	lb.	88¢
Chunk Bologna	Safeways any size piece	lb.	59¢
Fish Sticks	Family Favorite Heat & Serve	lb.	69¢
Salad Shrimp	El Dorado Fine Flavor	10-oz. Pkg.	$1.29

Boneless Pork Shoulder Butt

Boneless Shoulder From the Corn Country lb. 79¢

LOW EVERYDAY PRICES

Chicken Ravioli	Lynden's Finest	14½-oz. Can	33¢
Chicken Tamales	Lynden	7¾-oz. Can	23¢
Turkey Noodles	Lynden Dinner	15-oz. Can	39¢
Chicken	Lynden Noodle Vegetable Dinner	15-oz. Can	47¢
Hormel Spam	Distinctive Satisfying	7-oz. Can	42¢
Deviled Spam	Hormel Spread	3-oz. Can	24¢
Deviled Spam	Hormel Spread	4½-oz. Can	35¢
Soup	Lipton's Noodle with Real Chicken Broth	Pkg. of 2	33¢
Muffin Mix	Jiffy's Corn	8½-oz. Pkg.	13¢
Peaches	Town House Yellow Clings	29-oz. Can	33¢
Bartlett Pears	Town House	16-oz. Can	31¢
Fruit Cocktail	Town House	17-oz. Can	27¢
Purple Plums	Town House	30-oz. Can	33¢
Chili W/Beans	Town House	15-oz. Can	33¢
Apricot Halves	Highway Delicious	29-oz. Can	35¢
Peanut Butter	No Made Delicious	18-oz. Jar	59¢
Peanut Butter	Skippy Smooth	18-oz. Jar	69¢
Pooch Dog Food	Assorted Flavors	15½-oz. Can	10¢
Dial Soap	Deodorant Soap Regular Bars	Each	18¢
Lysol	Deodorizing Cleaner	28-oz. Btl.	85¢
Airwick	Liquid Natural Air Freshner	8½-oz. Btl.	89¢
Color Film	Polaroid Type 108	Each	$3.99
Kodak Film	Color CX-126-12	Each	$1.25
Flashcubes	Sylvania Card of 3 Cubes	Each	99¢
Airwick	Spray Natural Air Freshener	9-oz. Can	59¢
Mr. Clean Cleaner		28-oz. Btl.	79¢

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Head Lettuce

Large, Crisp Heads New Crop Arizona Ideal for Salads Each 15¢

Russet Potatoes

Clean No. 2 Washington Grown 20-lb. Bag 88¢

Large Cucumbers	Mild Slicers	Each	19¢
Navel Oranges	Sweet Seedless	4-lb. Bag	59¢
Delicious Apples	Extra Fancy	4-lb. Bag	59¢
Mushrooms	Fresh The Finest Brown Variety	lb.	89¢
Fresh Spinach	Safeway's Fresh	2 for	39¢
Zucchini Squash	Good So Many Ways	lb.	23¢
Large Eggplant	Peak of The Season	Each	29¢
Spring Daffodils	Finest King Alfreds	Doz.	59¢

DISCOUNT Health and Beauty Aids

Shampoo	Psssssst Aerosol	7-oz. Can	$1.39
Denture Tablets	Poli-dent	Pkg. of 26	77¢
Contac Capsules		Pkg. of 20	$1.69
J & J Baby Oil	Gentle for Baby	4-oz. Btl.	63¢
Break Set	Extra Hold	8-oz. Jar	79¢
Blades	Gillette Plat. Plus Injector	Pkg. of 7	89¢
Capri Bath Oil	Assorted Scents	64-oz. Btl.	$1.29
Bayer Child Aspirin		Btl. of 36	33¢
Alka Seltzer		Pkg. of 25	49¢
Listerine	Oral Antiseptic	20-oz. Btl.	99¢
Hair Spray	White Rain Extra Hold - Unscented	13-oz. Can	79¢
Breck Shampoo	Normal, Dry, or Oily	15-oz. Btl.	$1.25

Sale starts 9 A.M. Wednesday March 1st thru Saturday March 4th. No Sales to Dealers.

Maxwell House Delicious Coffee — SUPER SAVER 2-lb. Can $1.56

Cold Power 10 lb. 11-oz. Pkg. $2.49 — SUPER SAVER 84-oz. Pkg. $1.17

Pillsbury Flour 5-lb. Bag 63¢ — SUPER SAVER 10-lb. Bag $1.13

Large AA Eggs Cream of the Crop — SUPER SAVER Doz. 36¢

Coffee Mate Non Dairy Creamer — SUPER SAVER 16-oz. Jar 95¢

Yuban Coffee Rich Flavor — SUPER SAVER 2-lb. Can $1.81

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PRICES EFFECTIVE AT THE TACOMA SAFEWAYS ONLY

YES

You Can Buy Fire Insurance

Yes, you can buy Fire Insurance - and extended coverage, vandalism and malicious mischief insurance. It is available under the Washington FAIR (Fair Access to Insurance Requirements) Plan. To qualify, your property must be located in a designated area (all of King County and the City of Tacoma have been designated). In addition, the property must be occupied and be used for lawful purposes. Unsafe conditions must be corrected and insurance premiums paid. Any owner is eligible so long as he has not been convicted of arson.

In cooperation with the Insurance Commissioner of the State of Washington, the FAIR Plan was organized in 1968 by all the property insurance companies doing business in the State. The plan complies with the requirements of the Insurance Administration Division of the Federal Housing and Urban Development Department. Its purpose is to provide basic property insurance in those urban areas where, for reasons beyond the insured's control, insurance has been difficult to purchase.

Obtaining insurance through the Washington FAIR Plan is quite simple. Go to any insurance agent or broker, or insurance company, or to the Washington FAIR Plan. Complete an application for inspection. An inspection will be made of your property, with you or your designated representative. The inspector can point out any unsatisfactory building and occupancy hazards.

H. R. Sims of Urban League Joins Johnson & Johnson

NEW BRUNSWICK, N. J. — Harold R. Sims, acting executive director of the National Urban League, has been named director of Corporate Affairs for Johnson & Johnson, the worldwide manufacturer of medical, consumer and industrial products.

Mr. Sims, 36, joins Johnson & Johnson after three years at the National Urban League. When Whitney M. Young, Jr. died in March, 1971, Mr. Sims was named acting executive director.

President Richard M. Nixon recently commended Mr. Sims on his leadership of the National Urban League in a letter stating: "I congratulate you on your important contributions to the organization, and I thank you for the profound service you have done our nation in keeping the spirit of Whitney Young alive."

At Johnson & Johnson, Mr. Sims initially will be involved in developing and implementing minority and urban affairs programs.

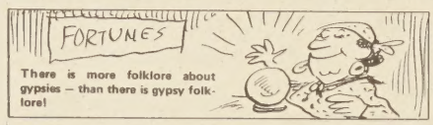
Commenting on his decision to join the company, Mr. Sims said he felt "Johnson & Johnson's well-defined sense of social responsibility and its pioneering role in enlightened management and product integrity create an environment that will enable me to work toward goals I believe all business should be striving for in today's society."

Serving in the United States Army from 1957 to 1967, Mr. Sims attained the rank of major and was the

Harold R. Sims

first black officer assigned as secretary to the General Staff. He played a major role in expanding equality of opportunity for the black soldier and helped to shape the Department of Defense's open housing policy for servicemen.

Prior to joining the Urban League, Mr. Sims was executive secretary to Sargent Shriver, director, Office of Economic Opportunities, from 1967 to 1969.



Basic Drop-In Center

The BASIC Drop-In Center at 4515 South "M" Street provides free services to the low-income people of Pierce County. Among the services provided are: thrift store which sells articles at prices of five to 50 cents or donates the clothing to families without funds for clothing; arts and crafts consignment area in the thrift store—consignment charges are low, ten cents on the dollar; Parlimentary Procedure classes; and information and referral services.

BASIC is a non-profit, low-income organization designed to reach, assist, and involve low-income families in joint and community enterprises and programs for their social, economic, and educational improvement and betterment. The initials of the organization stand for better achievement socially in communication.

BASIC has a need for donations of clothing and racks for the thrift store, donations of time or funds to supplement the already existing program. We are also starting a program to provide transportation for low-income people for their maintenance needs such as trips to the doctor, grocery store, pharmacy, etc. We need people willing to donate the use of their cars and time. Volunteers will be reimbursed at ten cents per mile.

The BASIC Drop-In Center will offer people the opportunity to become involved in activities of their choice, at their own level of interest. In working on these activities with other people of similar backgrounds and interests, the participants can gain self acceptance first as individuals, and then as active members of the community. With a higher level of self acceptance, low-income people can move into existing programs more easily and more comfortably.

It may seem that the center duplicates services offered elsewhere. However, we don't expect to train people for higher technical jobs or become a major arts outlet. What we do expect is to be able to help low-income people in a way that more specialized programs cannot do. We feel that the problems of low-income people stem largely from a lack of self acceptance, a lack of self confidence that has come from repeated "failure" in official programs. The BASIC program is flexible and generalized enough to allow people at many levels of development to grow at their own pace. An almost totally disinterested person can utilize services such as the thrift store or request counseling at the Center. There is no push to alter a person's livestyle before he is ready. Finally, a person with an already developed interest can work in the programs or use the resources and technical aids to develop new programs.

Ray bungles prison escape

PETROS, Tenn. (UPI)—James Earl Ray, the slayer of Dr. Martin Luther King Jr., has bungled another attempt to escape from prison, authorities said.

Mark Luttrell, state corrections commissioner, said the attempt occurred Feb. 5 and resulted in Ray being put back in a disciplinary cell at the Maximum Security Brushy Mountain State Prison.

"He was found crawling to or from a place where he could work and not be seen," Luttrell said.

Warden Robert Moore said Ray had acquired a makeshift handsaw and was attempting to saw a hole through the ceiling of a room adjoining an auditorium where inmates watched movies.

The lights came on too soon, Moore said, and the guards saw Ray slipping out of his secluded work area.

Last May, Ray concocted an elaborate plan to escape that would have led him through a maze of steam tunnels to freedom. That attempt failed.

Racial fighting in schools

STATESVILLE, N.C. (UPI)—Youths fought in a high school hallway in a renewal of racial violence that forced the closing of schools in three counties.

The fighting between 30 to 40 students came as the youths were returning to classrooms from a lunch recess and lasted eight or 10 minutes, according to Albert Hiatt, principal.

Hiatt said at least six white students were injured.

Classes were called off at Statesville as well as at Bear Creek in Chatham County and Jones Senior High in Trenton, near the coast.

Non-white students, unhappy over the selection of a white Valentine queen, staged a sit-down in the hallways at Chatham Central High. The demonstration was peaceful, but officials decided to take extra precautions by calling off classes.

Polls List Abernathy, NAACP As Most Respected By Black Americans

A nation-wide poll of black people, conducted by the Louis Harris Survey, lists Dr. Ralph David Abernathy as the individual leader most respected by black Americans and the Southern Christian Leadership Conference (SCLC)-which he heads as President - as the second most respected organization, close behind the NAACP.

Writing about the results of his poll, Harris states: "The roster of black organizations and black leaders held in most respect by the rank and file of blacks in the United States has not undergone drastic change in the past few years."

Commenting on the results of the poll, SCLC Board Chairman, Dr. J.E. Lowery said: "I am confident that the reason for this ranking is the fact that SCLC, under Dr. Abernathy's leadership, is working every day in black communities across the nation, and we are always available, day and night, to respond to calls for assistance to people in need of our experience and organizing techniques for the mass nonviolent movement."

Dr. Abernathy is the successor to the late Dr. Martin Luther King, Jr., as President of SCLC, the organization through which Dr. King worked.

A special Harris Survey asked a cross section of 1203 blacks across the country:

"I'd like to read you a list of some black leaders and organizations. For each, tell me if you respect them a great deal, some but not a great deal, or hardly at all."

RESPECT FOR BLACK LEADERS BY BLACKS

	A Great Deal	Some—Not Great Deal	Hardly Any	Not Sure
NAACP	73	18	4	5
SCLC	65	22	4	9
Ralph Abernathy	60	15	7	8
Charles Evers	59	20	3	18
Roy Wilkins	58	21	6	15
Carl Stokes	56	19	5	20
Urban League	52	21	6	21
Thurgood Marshall	51	16	6	27
Rep.Shirley Chisholm	50	16	4	30
Rev. Jesse Jackson	47	23	5	25
Sen. Ed. Brooke	47	20	9	24
Muhammad Ali	47	23	15	15
Kareem Jabbar	45	21	7	27
CORE	43	23	7	27
A. Phillip Randolph	37	14	7	42
Angela Davis	35	21	14	30
Eldridge Cleaver	27	20	16	37
Stokely Carmichael	26	23	23	28
Elijah Mohammad	24	23	22	31
Black Panthers	23	25	32	20
Bobby Seale	21	18	18	43

FT. LAUDERDALE, Fla. — Scuba diving instructor Ann Baxter was photographed in her apartment, North Miami, Fla. She allegedly accompanied author Clifford Irving on trip to the Virgin Islands of late.

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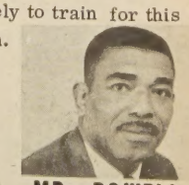

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$1192

'68 Fury II
#1055 4dr.
V8, Auto, R&H PS, AC,
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#2-100 Convert
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House passes antipoverty bill

WASHINGTON (UPI)—The House passed and sent to the Senate a $5.3 billion antipoverty bill that opponents said President Nixon would veto because of its proposed overhaul of free legal services for the poor and expansion of the Head Start program.

The measure, drafted by Democrats, was meant to replace a $6 billion bill that Nixon vetoed Dec. 9 because it included a $2.1 billion program of day care centers and failed to give the President authority to select a board of directors that would operate an independent legal services program.

The bill approved by the House included $1.5 billion for a sharply expanded Head Start program offering pre-school training to needy children and a provision to turn the free legal services program into a private corporation. Opponents said Nixon would veto the bill because of the two provisions.

Court nixes abortion law

TALLAHASSEE, Fla. (UPI)—Florida's 103-year-old abortion law was declared unconstitutional by the state supreme court. A Florida Senate committee immediately made plans to draft a new one.

The committee scheduled a meeting to work on an abortion bill to replace the old law that the high court, by a 6-1 vote, ruled was "vague, indefinite and uncertain."

The committee will have an "abortion demand" bill as one alternative.

Democratic State Sen. Kenneth Myers of Miami filed the bill providing abortion at the mother's request during the first three months of pregnancy and after that point only when major medical reasons justify the operation.

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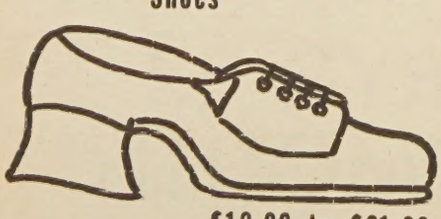

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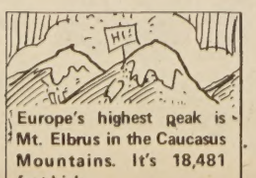

Europe's highest peak is Mt. Elbrus in the Caucasus Mountains. It's 18,481 feet high.

Russell Davis, Photographer's Mate.
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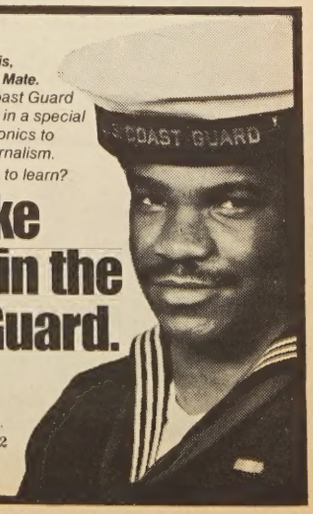

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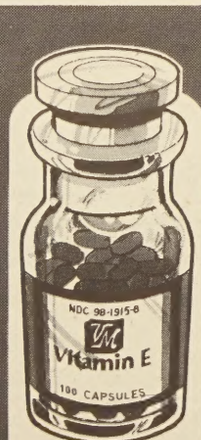

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Korean Wives Speak on Experiences in America

OPINIONS AND OBSERVATIONS—Members of the Korean Wives Family Association discuss differences in life style between their homeland and the U.S. From left: Hyon Sook Akerley, Kom Ok Peterson, Mrs. Hae Soung Kim, the group's English instructor, Kyong Hwa Macon, and In Suk McDougal.

Fort Lewis, Wash.—While some of the difficulties encountered by Korean wives in this country may have been predictable, many of their problems and observations on "Americana" provide an incisive, objective viewpoint for self-analysis and certainly warrant consideration.

During a recent Monday evening English class in the Post Chapel here, four members of the Korean Wives Family Association spoke at length about their experiences in the United States.

On two points, the women were in unanimous agreement—the greatest difficulty they'd had living in America was a toss-up between the language barrier and shopping problems. They felt the greatest single difference in our society and that of their homeland was the family relationship.

In Suk McDougal whose husband, Richard, is assigned to the 58th Signal Battalion, has been here for two years. She was quite surprised at first by our mammoth supermarkets, but the very size and complexity of these produce factories created major difficulties for her.

"Some of the shop people will be very nice and try to understand," she said. "But others will speak very fast, and I can't understand everything they say. I feel badly when I have to ask them to say it again."

She went on to say that this inability to speak or understand rapidly spoken English has made her hesitant to meet as many Americans, particularly housewives, as she would have liked to.

Hyon Sook Akerley's husband is a master sergeant assigned to our dwindling Infantry Training Center on North Fort Lewis. Her biggest problem in shopping has been figuring sizes in clothing, as well as translating ingredients and cooking instructions on the backs of food packages.

In Korea, she explained, she could order tailor-made clothing cut and fit to size. But our ready-made clothing requires some quickly computed arithmetic, figuring relationships between waist, length, jacket, and sleeve sizes, in addition to the different measurements applying to shirts, suits, overcoats, slacks, skirts, etc.

The automatic appliance world of the American household was what surprised Kyong Hwa Macon. Her husband is also with the Training Center, and she's been in the U.S. for 15 months.

"You have a lot of machines here," she said, "refrigerators, dishwashers, dryers, air conditioners, and so many small things like toasters and electric frying pans

"Some people in Korea have these things, but only the very wealthy. In America, everybody has them."

Chaplain (Capt.) Verne M. Pease, assistant chaplain 3rd Armored Cavalry Regiment, who heads the Korean Wives Family Association, asked Kyong Hwa if, in view of all these modern conveniences, she'd rather be a housewife in America or in Korea.

The lively Korean sense of humor came out when she replied with a wry grin, "I don't know. I've never been married to a Korean." The timely, ironic response drew howls of laughter from the other girls.

Almost absolute dependence on the automobile was what Kom Ok Peterson found most disturbing. Her husband is assigned to the 864th Engineer Battalion, and she's been in the U.S. four and a half months.

"We Koreans like to walk," she said. "In Korea, we don't have as many cars as you do here, so we walk everywhere. Going to the store in Korea, we meet a lot of people, stop and talk, and see things.

"But the stores are so far away in America, that you have to take a car. You can't go anywhere without a car. I guess it's nice to drive everywhere, but I do miss walking."

The girls found family relationships in America dramatically different from what they knew in Asia.

In Suk McDougal thought it odd that children should leave home when they grew older. She pointed out that in many instances, Christmas and other holidays seem to be the only time of the year families will get together.

Kom Ok Peterson remarked that in the Republic whole families, including cousins and nieces, will often occupy the same housing complex, or at least live in close proximity to each other. She, too, found the transient nature of the American family unit rather unusual.

All the women commented on the tremendous size of the United States when compared to the southern portion of the Korean peninsula.

Mrs. Akerley arrived in America and traveled to her husband's parent's home in Quincy, Mass., for five week's leave time. After just crossing the Pacific Ocean, she found it no less than amazing that almost as much time again could be spent flying over the American mainland.

Kom Ok Peterson's reaction to American geography was a little more unusual. On the ride from Sea-Tac Airport to Fort Lewis, she was surprised to see grass, shrubs and trees. Metro-Goldwyn-Mayer and Twentieth Century Fox had obviously convinced Kom Ok that New York and Los Angeles were simply opposite ends of a 3,000 mile stretch of concrete and steel called the United States of America.

"I guess maybe from seeing American movies, I thought all of the United States was like Seoul," she said laughing at herself. "I was very happy to see that you have country areas and farms here."

In letters from home, the girls' parents usually ask about how different life in America is from that in Korea. Mom and Pop seem to be most concerned about daughter's diet, and often ask what kind of food they've been eating and whether or not they can obtain Korean bill-of-fare here.

The girls have been able to reassure the folks that they've gotten used to American meals. Mrs. Akerley did mention, however, that she sometimes misses the "farmer's food" she ate so much of back home—vegetables and fruits.

True to form, the one thing the girls miss more than anything else is their families. They seemed determined to conquer familial loneliness, however, and they all said they were very happy to be in America with their husbands.

Although she indicated she only spoke for herself, Kom Ok Peterson echoed the general sentiments of the group in saying, "I can only speak for myself, but the Americans have been very friendly to me. They have tried to help and have been very nice. I am very happy to be here. I am very lucky."

Not so lucky as the United States, perhaps. The strength and resourcefulness of these women is truly America's gain.

Soldiers Volunteer For Ski Cup

Fort Lewis, Wash.—The foot soldier came into his own again at Fort Lewis last week, and half-stepped to the rescue of the American installment of the World's Ski Championship.

Over a hundred post volunteers traveled to the snowy slopes of Crystal Mountain, Washington, scene of America's World's Ski Cup Competition. The slope is the scene of the men's and women's world downhill races.

The packing prevents ruts from forming in the snow and allows the racers to dig the edge of their skis into the powdery surface.

Traditionally, the host country in the World Cup races has provided its home army to pack and groom the snow for the races. The hill manicuring is done on a volunteer basis by the armies, and rarely does one refuse, according to the area manager for Crystal Mountain.

The Fort Lewis packers stomped nearly 3,000 feet of the 8,000 foot long run, a total area of over 300,000 sq. ft. A mechanical snow-cat grooms the less severe bottom part of the hill, but the top of Silver Queen is virtually a straight vertical drop and accessible only on foot.

The ski competition is part of a series of races to determine the World Cup recipient in each event.

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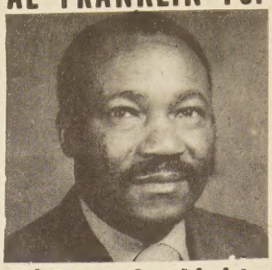

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SEATTLE SONICS IN ACTION

Spencer Haywood & Nate Thurmond Show muscle and determination

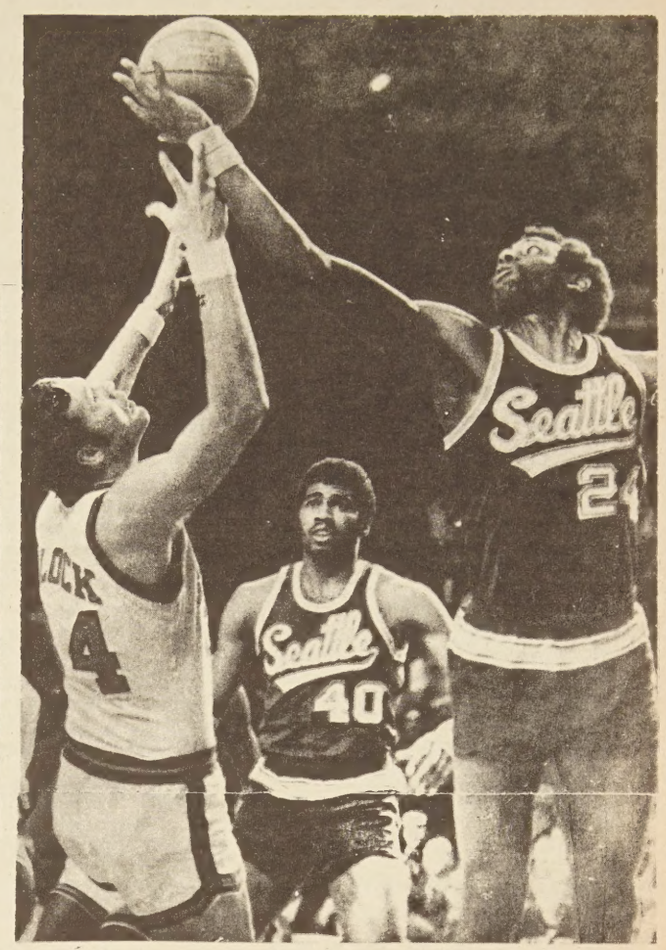
Fans Thrilled At Ball Games

Facts Photos by: Fitzgerald Beaver

Loyal Supersonic's fans wait patiently for a 7-foot tall man named 'James McDaniel' to shed his warm-ups.

COME OUT AND SEE THE SEATTLE SUPERSONICS THIS WEEKEND. Friday vs. Chicago Bulls and also Sunday vs. Atlanta Hawks.

In the Seattle Coliseum 8 p.m.



MILWAUKEE - Seattle Supersonics' (#24) Spencer Haywood outjumped Milwaukee Bucks (#34) for a rebound during the Bucks-Sonics game (#40) is Sonics Garfield Heard.

Near Lincoln H.S. 3750 So. 'G'

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There it is the Bell Sleeved Shirt $12.99 A good price but the General's price is $6.99

Heavy Winter Coats- old price $35.00 new price $13.99.

Mellow, mellow dress shirts from $3.99.

Pants for young dudes, that won't quit - $9.50

Double Knits New York Originals on the serious side.

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GP General Pants Co.

Bubbling new personality Margaret Avery appears opposite Raymond St. Jacques in "Cool Breeze." The exciting new film opening soon is about a group of "brothers" executing a three million dollar diamond robbery. Thalmus Rasulala, Jim Watkins, Lincoln Kilpatrick and Judy Pace also star. Miss Avery was most recently seen on the CBS-TV movie, "Something Evil."

Gold can be hammered thin enough to be seen through!

Matron's Fashion Show

"Fem Plus" was the theme of the Matron's eighteenth annual fashion show and luncheon held at the Top of the Ocean.

The models wore exciting long dresses for both day time sportswear and evening. The popular M-M skirt length showed off the new feminine pastel sandals for spring.

Red, white and blue, the all American colors, predominated the fashion scene. The romantic fabrics, silks, linens, and cotton set the pace for spring 1972. Mrs. Finky Smith stole the show modeling first a red tailored linen suit with black patent accessories. She caused a riot of laughter when she modeled a beautiful silk Hawaiian print lounging gown.

Four of the Matrons modeled gowns from the early nineteen hundreds owned by Mrs. Cora Spencer. A black silk chiffon gown, embroidered with tiny iridescent fish scales worn by Mrs. Helen Stafford cost one hundred fifty dollars when originally purchased.

However, as one gentleman was overheard saying, "The real fashion show is in the audience. I always come out to see the ladies. They always look their best for this occasion."

Mr. Chris Pearson provided music for the models. Mrs. Leroy Lane rendered two vocal selections. Commentator was Mrs. Francis North. Mrs. Lillian Clark, Fashion Consultant from Nordstrom Best, coordinated the show.

Ski Lessons for Laundry Service

Fort Lewis, Wash.—Seventeen Fort Lewis soldiers have discovered what you get when you chase away tattle-tale gray and get the laundry white as snow.

Ski lessons.

The troops, from the 15th Support Brigade's 143rd Supply Company, hauled their portable laundry unit to Washington's Snoqualmie ski slope and traded blanket and tarpaulin scrubbing for ski instruction by National Ski Patrol members.

The barter deal with the ski patrol was arranged by officers of the company's parent battalion, the 80th Ordnance.

Included in the deal was a stay at the Conifer Lodge where two of the company cooks took over the kitchen to whip up chow for the expedition members.

Early Release—Delight and Work

Fort Lewis, Wash.—The rash of early release programs was a delight to most troops, but it was just more work and long hours to the people at the Personnel Center Transfer Station here.

Transfer Station soldiers had responsibility for processing short-timers returning from Vietnam, Korea, and Alaska as well as the hundreds of men assigned here who were eligible for release.

Staff Sergeant Richard Zavesky, NCOIC, said the station's workload tripled and that they had to hastily recruit extra clerks from other units.

He said they processed about 15,000 soldiers for separation in December and January. During the holidays, the Transfer Station crew worked overtime while most other organizations were operating on half-day schedules.

Ned Shera to Speak on No-Fault Insurance

State Representative Ned Shera is scheduled to speak on his controversial no-fault insurance plan at the meeting of the 29th District Republican Club being held this Wednesday, March 1, at Brad's Restaurant at 92nd and Pacific Avenue at 6:30 p.m.

The failure of his bill to pass at this session of the legislature by no means kills it. It is one of the hottest topics of discussion in the country today. One state has already adopted the no-fault, or Keaton-O'Conner model Insurance, and several others, including Washington State, are actively considering it. The issue seems certain to return.

The Centurian Choir of the Clover Park High School will provide musical entertainment as a prelude to the talk.

NOTICE

"Invisible Empire," title of the noon film to be shown by the Ethnic Cultural Lab at FSCC, is about the Klu Klux Klan, its organization, growth, and expansion in recent years, according to Moses Bobm instructional assistant o the Ethnic Cultural Lab.

The program, to be in the J Building on campus at noon on Monday (March 6), is free and open to the public.

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By H. T. Elmo

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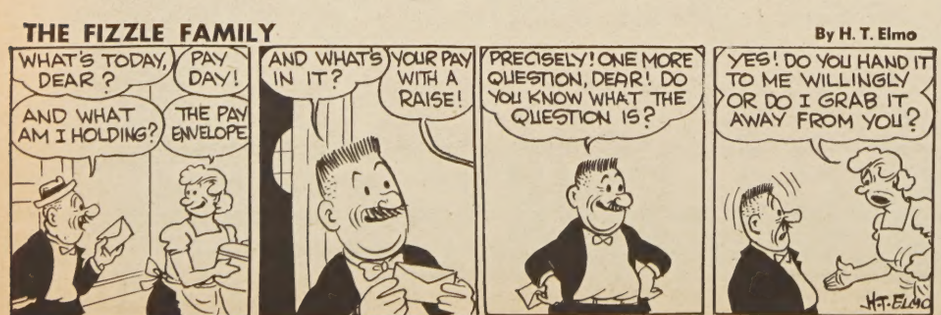
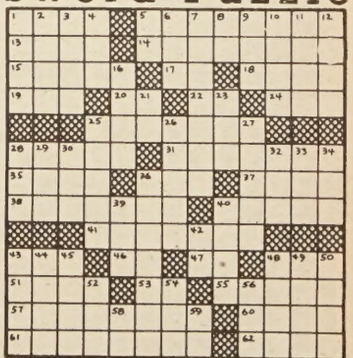
OH, YES!
CORSETS
CAN MADAM BREATHE DEEPLY WITH EASE?
YES, INDEED!
H.T. ELMO
DOES MADAM FEEL SHE CAN WEAR THE CORSET ALL DAY WITHOUT DISCOMFORT?
SURELY
THEN MADAM OBVIOUSLY NEEDS A SMALLER SIZE
CORSETS

THE FIZZLE FAMILY

By H. T. Elmo


WHAT'S TODAY, DEAR?
PAY DAY!
AND WHAT AM I HOLDING?
THE PAY ENVELOPE
AND WHAT'S IN IT?
YOUR PAY WITH A RAISE!
PRECISELY! ONE MORE QUESTION, DEAR! DO YOU KNOW WHAT THE QUESTION IS?
YES! DO YOU HAND IT TO ME WILLINGLY OR DO I GRAB IT AWAY FROM YOU?
H.T. ELMO

Crossword Puzzle



ACROSS
1. Rounded roof
5. Uses
13. Heron
14. Musical work
15. Armed force
17. Preposition
18. Carbonated water
19. Put
20. Sun god
22. Behold!
24. Neither
25. Injunction
28. High male voices
31. Visionary
35. Meadows
36. Top card
37. Unemployed
38. Former German State
40. Climb
41. Colors
43. Damage
46. Be
47. Greek letter
48. Golf mound
51. Prepare copy
53. Suffix: plural
55. Repasts
57. Motherly
60. Speech defect
61. Egg dish
62. Kill

DOWN
1. Plunges
2. Musical instrument
3. Fog
4. English letter
5. We
6. Also
7. Blow up
8. Musical note
9. Possessive pronoun
10. Jerusalem hill
11. Prefix: within
12. French-German river
16. Ages
21. Article
23. Prefix: ear
25. Downy
26. Of a duke
27. Heroic poems
28. High mountain
29. Irish sea god
30. Greek letter
32. Girl's name
33. Total
34. Born
36. Infirmity
39. Ocean
40. Propelled in water
42. Topping
43. Note: slang
44. Eve's mate
45. Ritual
48. Hindmost
49. Girl's name
50. Glimpse
52. — Aviv
54. Squatted
56. Building wings
58. In the matter of
59. French "the"

Answer to Puzzle

CONNER THEATRES

Rialto

R CLINT EASTWOOD is back and burning at both ends!
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and
'A FEW DOLLARS MORE'

Roxy

X 'IT'S A SLEEPER'!
'THE VOLUPTUARY'
and RUSS MEYER'S
'VIXEN'

Temple

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Elaine May in
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